



Stephanie Teague - ZCR <stephanie.teague@gsa.gov>

## R10 Weekly Update for September 25, 2019

**R10 News** <gsain@notify.gsa.gov>

Reply-To: gsain@notify.gsa.gov

To: stephanie.teague@gsa.gov

Wed, Sep 25, 2019 at 12:25 PM



The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

— Confucius

September 25, 2019

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## Congratulations R10 National Facilities Management Award winners

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Last week the Public Buildings Service recognized their National Facilities Management Award winners for 2019 at a national Regional Commissioners telepresence call.

The awards celebrate the accomplishments of Facilities Management Division (FMD) employees and teams who set the bar high in accomplishing GSA's mission. This year the following R10 FMD associates won accolades. They are:

#### **Excellence in Leadership**

**Thomas Deakins**

**Region 10:** *Alaska Field Office*

As the Field Office Manager in Anchorage, Alaska, Thomas adapts readily to new situations in one of the nation's harshest climates, and effectively leads and mentors others using keen organizational and environmental awareness. Not only is his team responsible for federally owned/leased facilities in the largest geographic area of any peer throughout the nation, his team must do so facing extreme weather conditions; from the 160 inches of annual rainfall in Ketchikan, and minus 12-degree January average temperatures of Tok, to less than four hours of winter sunlight in Fairbanks. Nevertheless, he manages the facilities team at a high rate of operational readiness, reliability, and customer satisfaction, demonstrating correlation between customer service improvements and program outcomes. Congratulations Tom!

#### **Excellence in Customer Service**

**Stephan Evans**

**Region 10:** *Alaska Field Office*

Stephan serves as the facility manager for the Fairbanks Federal Building, in Fairbanks, Alaska, and the Alcan Land Port of Entry (LPOE), in Toke, Alaska. He cares for remote Alaskan facilities spanning a territory of more than 300 miles. As a one-person army, with minimal local support, he provides critical services to tenants who work in these remote facilities. His unusually high level of support has helped deliver essential projects that directly impact customer service. In addition, through proactive tenant engagement such as regular tenant meetings, email communications and facility walk throughs, he quickly works to resolve issues and challenges by actively listening and learning about the issues and challenges tenants face. He continually keeps tenants

up-to-date on project status and activities so they stay well informed. Congratulations Stephan!

### **Excellence in Operational Support**

**Doreen Im (Sheih)**

**Region 10: Facilities Management Operations and Technology Team**

Doreen provides stellar servant leadership and manages her programs with confidence and sheer determination to get it all done. In 2018, she continued to support the organization by taking on new programs, new challenges and new workload. Despite the increased workload, her attention to detail stays on target as she continues to organize, meet with stakeholders at all levels of the organization, conduct user support and training sessions while displaying outstanding professionalism and support for the success of others. She diligently works to advance the National Computerized Maintenance Mgt. System (NCMMS) adoption and makes sure the data is valid. Her report has expanded and modified to assure regional efforts track closely with National CMMS program reports Great Job Doreen!



## About Us: Share your personal and professional milestones with GSA family

Are you just bursting to show off your new grandbaby? Perhaps you took the trip of a lifetime, or celebrated the close of a memorable project with your team. Maybe you have a have a picture of a fun workplace activity you would like everyone to see.

Share these personal or professional milestones in the R10 Weekly Update newsletter. Just send a photo and brief explanation to [Lauren Isaksen](#) of what you want to share... and we will feature it in the R10 Weekly Update.

Contact: [Lauren Isaksen](#)



## ITEMS OF INTEREST

### **National Preparedness Month weekly emphasis'**



In September National Preparedness Month (NPM) helps promote family and community disaster and emergency planning, now and throughout the year. Each week [Ready.gov](#) gives you ideas to help prepare for disaster.

Week four - Community Preparedness: Community Emergency Response Teams

## I thank you all for filling food pantries across Region 10



Region 10 associates are extreme! Extremely generous with the donations they made to support this year's Feds Feed Families Campaign. The Region 10 campaign brought in more than 3,600 pounds of non-perishable items.

"Whether you cooked, baked, organized, built construction, donated food, served, cleaned-up, or donated money to purchase food, all of your efforts are very well appreciated! Thank you all for showing how much you care," said GSA Acting Regional Administrator Chaun Benjamin.

A big shout out to all those who participated in the various challenges, from Construction competition, the Dessert Challenge, Chili Cook off and other events across the region that brought us together with a little friendly competition for a good cause. These donations will go a long way to help those that are hungry in our communities.

Thank you to the Communications Roundtable team who led this year's campaign: Caroline Jackson, Chad Hutson, Cynthia Henry, Lauren Isaksen, Rhonda Gibbs and Stephanie Teague.

Contact: [Stephanie Teague](#)

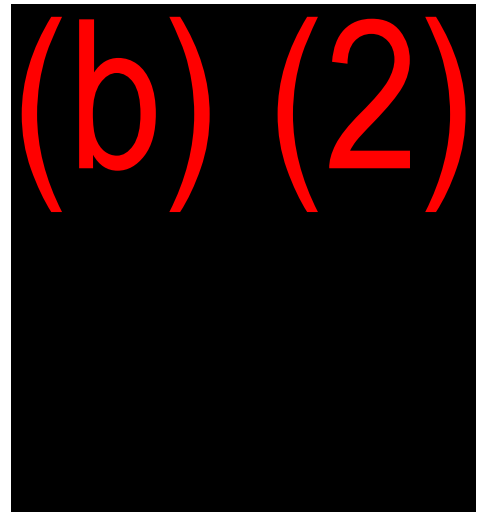
[BACK TO TOP](#)

## The Media and your responsibilities: OSC Order

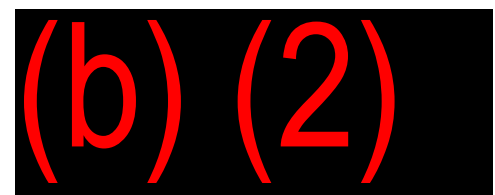
(CERTs) train volunteers to prepare for the types of disasters that their community may face. [Find your local CERT here.](#)

older text.

Only a few days left to take **Mandatory Controlled Unclassified Information** training



[GSA@70: 32-year GSA telecom veteran marvels at the progress through the years](#)





1808.4

GSA's Office of Strategic Communication (OSC)  
recently issued (b) (2)

(b) (2)  
(b) (2)  
(b) (2)

(b) (2)

(b) (2) For  
Region 10, it's Chad Hutson [chad.hutson@gsa.gov](mailto:chad.hutson@gsa.gov).  
253-561-8477.

The Public Affairs Officer serves as the region's  
primary spokesperson, media relations manager, and  
is responsible for clearance of statements through  
the Press Secretary. (b) (2), (b) (5)

(b) (2), (b) (5)

(b) (2), (b) (5)

(b) (2)

Contact: [Chad Hutson](#)

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## OSC All-Hands Meeting sets future communications strategy and direction



(b) (2)

[OMB, GSA Announce  
Three Winning Teams of  
GEAR Center  
Challenge; Emily  
Murphy Quoted](#)

[House clears 7-week CR  
with additional OPM  
funding](#)

## COMING & GOING

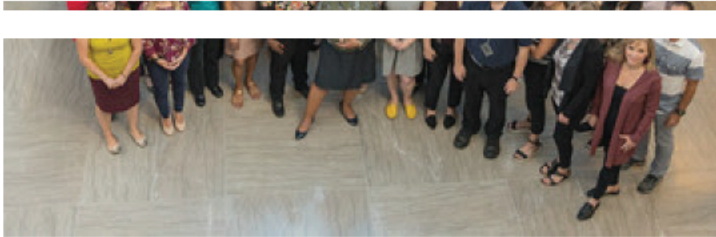
Information provided by  
the Office of Human  
Resources Management.

### Coming

- Belmonte, Aleksandra, 10PPB, Program Analyst, Auburn, effective 9/15/19
- Lucas, Paul, 10PMAC, Building Management Specialist, Richland, effective 9/3/19
- Majerus, Josephina, 10PME, Pathways Intern - Student Trainee (Business and Industry), Auburn, effective 9/15/19
- Vashisht, Arun, 10PME, Student Trainee (Equipment and Facilities Management), Auburn, effective 9/15/19

### Promotion

- Cameron, Kacy, 10PRAB, Lead Realty



A focus on future communications strategy and direction, agency mission, and team alignment brought together members of the [Office of Strategic Communication](#) from across the nation September 17-18, as they met for the organization's first all-hands meeting.

"This week's OSC all-hands meeting is important because it's people who deliver our agency's strategic messages and manage GSA's reputation with priority audiences," said Mark McHale, GSA's Associate Administrator for Strategic Communication. "Equally important: Strengthening our personal relationships across the communications team enables OSC to better leverage its communications expertise and deliver more value to GSA."

Although OSC regularly meets virtually each month with regular town halls, bringing all members of the communications team from across GSA to meet face-to-face is a first. The session emphasized not only the importance of specific, measurable, communications objectives but also effective messaging and storytelling, as well as the value of a good customer experience. ([read more](#))

Contact: [Lauren Isaksen](#)

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Specialist, Auburn,  
effective 8/18/19

- Christensen, Genevieve, 10PPB, Management & Program Analyst, Auburn, effective 9/1/19

- Rambally, Rennie, QRA, Contract Specialist, Auburn, effective 9/15/19

- Schneider, Ryan, 10PRAB, Lead Realty Specialist, Auburn, effective 8/18/19

- Silsbee, John, 10PCPB, Lead Project Manager, Anchorage, effective 7/21/19

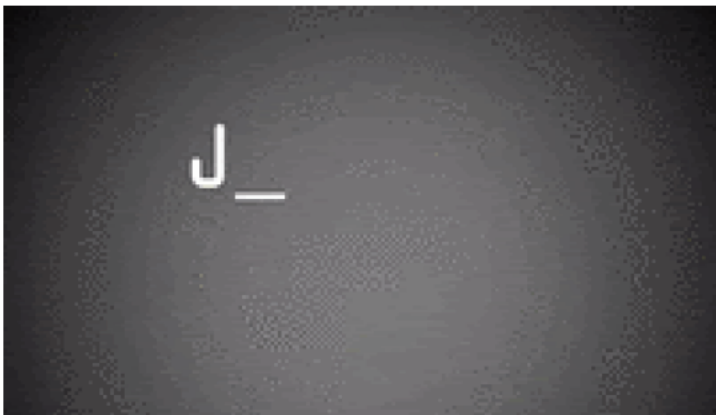
### Reassignment


None at this time.

### Going

None at this time.

## Last Call for IP Communicator





Starting in October, GSA IT will remove IP Communicator, the old phone software, from your GSA PC. Going forward, Jabber's your go-to for high-quality, internet calls, using the same phone number you had with IP Communicator.

If you use IP Communicator for multiline calls, we've got you covered! Jabber now supports multiline.

[Sign up here](#) for training to learn all of Jabber's cool features!

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## OHRM Exit Survey now available

The Office of Human Resource Management (OHRM) is pleased to announce that (b) (2)

(b) (2)

(b) (2)

Visit the [Offboarding InSite page](#) for more information.

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## Be careful who you buy from!

The federal government [has banned](#) the purchase of hardware and software products from certain technology companies because of heightened security concerns.

Keep GSA safe—don't buy prohibited products or services!

Please contact the [Supply Chain Risk Management team](#) for more information.

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Federal Executive Boards offer many programs and training opportunities, including multiple retirement training seminars for both CSRS and FERs programs. Please follow the links above to learn more about these opportunities.

## Events

### **September 25, 26**

Active Shooter Refresher Training — Various locations and times throughout the Regional Headquarters Bldg — [Sign up here](#)

### **October 1**

Fiscal year appreciation town hall celebration & reception — 9 a.m. (PDT)

### **October 2**

PBS virtual town hall — 9 a.m. (PDT)

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## Regional Training

[FY19 Enterprise Wide Class List](#) - Lists all training nationally sponsored for all GSA

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## PBS Training

### **FY20 Q1 (Region 10 PBS)**

#### **October 8 - 10**

Program Management (VIRTUAL) — 8:30 a.m. to 4:30 p.m. (PDT) — 19 max seats — CLPs 24 — *\*Mt. Jefferson reserved for those who wish to attend onsite. Delivery is*



*100% virtual. Bring Laptops to class — \*Priority Registration for R10 PBS —*  
[Register](#)

**October 15 - 17**

The Source Selection Bootcamp (AUBURN) — 8 a.m. to 4:30 p.m. (PDT) — 25 max seats — CLPs 24 — *Crystal Mountain A conference room.* — **Pre-Approved List Only**

**October 22 - 24**

The Source Selection Bootcamp (AUBURN) — 8 a.m. to 4:30 p.m. (PDT) — 25 max seats — CLPs 24 — *Crystal Mountain A conference room* — **Pre-Approved List Only**

**October 28 - 29**

FERS Mid-Career Planning Seminar (VIRTUAL) — 9:30 a.m. to 12:30 p.m. (PDT) — 50 max seats — CLPs N/A — [Register](#) *\*Priority Registration for R10 PBS*

**November 4 - 7**

BOMI: Managing the Organization (SEATTLE) — 8 a.m. to 4:30 p.m. (PST) — 25 max seats — CLPs 30 — **Pre-Approved List Only**

**November 12 - 14**

Principles of Business Analysis (VIRTUAL) — 8:30 a.m. to 4:30 p.m. (PST) — 19 max seats — CLPs 24 — *\*Mt. Jefferson reserved for those who wish to attend onsite. Delivery is 100% virtual. Bring Laptops to class — \*Priority Registration for R10 PBS —*  
[Register](#)

**November 21 - 22**

Financial Planning for New Employees (VIRTUAL) — 9:30 a.m. to 12:30 p.m. (PST) — 50 max seats — CLPs N/A — [Register](#) *\*Priority Registration for R10 PBS*

**December 3 - 4**

Influencing Skills (VIRTUAL) — 8:30 a.m. to 4:30 p.m. (PST) — 19 max seats — CLPs 16 — *\*Mt. Jefferson reserved for those who wish to attend onsite. Delivery is 100% VIRTUAL. Bring Laptops to class — \*Priority Registration for R10 PBS —*  
[Register](#)

**December 17 - 18**

Assessing & Recovering Troubled Projects (VIRTUAL) — 8:30 a.m. to 4:30 p.m. (PST) — 19 max seats — CLPs 16 — *\*Mt. Jefferson reserved for those who wish to attend onsite. Delivery is 100% virtual. Bring Laptops to class — \*Priority Registration for R10 PBS —*  
[Register](#)

**December 19 - 20**

FERS Mid-Career Planning Seminar (VIRTUAL) — 9:30 a.m. to 12:30 p.m. (PST) — 50 max seats — CLPs N/A — [Register](#) *\*Priority Registration for R10 PBS*

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## FAS Training

None to report.

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The R10 Weekly Update is a newsletter sent out every Wednesday that helps inform GSA Region 10 staff about important information, upcoming events, and general information.

This is a publication of the R10 Communications Team from the Office of Communications and Marketing. Find past issues on the [R10 Weekly Update archive page](#) on InSite. To submit a story just click on the [Submission Form for Regional News](#). You may also access the form on [R10 InSite](#) under 'Quick Links'. The R10 Weekly Update is not an official document for legal purposes. All information held within is intended for employee informational purposes only.



GSA Northwest/Arctic Region | [400 15th Street SW, Auburn, WA 98001](#)

Stay Connected:



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This email was sent to [stephanie.teague@gsa.gov](mailto:stephanie.teague@gsa.gov) on behalf of General Services Administration · [1800 F Street NW · Washington, DC 20405](#)  
· 866-606-8220



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## Have you heard about William Blandford, Christina Shaw and Nancy Wilkinson?: TEST

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R3 Inside Voice <gsain@notify.gsa.gov>  
To: sarah.puleo@gsa.gov

Thu, Sep 26, 2019 at 4:40 PM



### Late September 2019 Edition

- [Meet William Blandford](#)
- [PBS Curriculum welcomes 2019 new hires](#)
- [National PBS Lease Contract team meets in Philadelphia](#)
- [Christina Shaw helps transfer mobile shooting range to Fish and Wildlife](#)
- [Nancy Wilkinson receives praise from Western District of Virginia](#)
- [FAS meets with Naval Supply Systems Command](#)

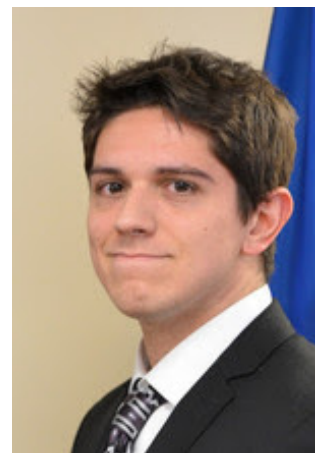
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### Got a GSA media issue? Call new PAO Will Powell

The Mid-Atlantic Region has selected a permanent public affairs officer, **William Powell**.

Powell served in public affairs for the past five years with the Federal Emergency Management Agency in Philadelphia. During his time with FEMA Region III, he served as primary regional spokesperson addressing the media, developed the region's first-ever communications strategy and was deployed in response to hurricanes Florence, Maria and Irma.

"I'm thrilled to join the GSA Office of Strategic Communication, and especially the Region 3 team," Powell wrote, "and to work with everyone in telling GSA's story of helping make government better."



Powell enjoys (b) (6).

Anyone within GSA's Mid-Atlantic Region who receives a media inquiry, requires media contact or has any other media concerns should immediately contact Powell at [william.powell@gsa.gov](mailto:william.powell@gsa.gov).



New R3 GSA PAO Will Powell (center) poses with (b) (6) after completing the 2015 Philadelphia marathon

## Meet William Blandford

I've worked at GSA for... 18 years and two months.

I am a... Property Manager for the Richmond F e d Off ce.

Before GSA I... (b) (6)

(b) (6)

(b) (6)

When I'm not working, I... (b) (6)

(b) (6)



I am proud of... both my t me serv ng n the U.S. Army (four years act ve, three years reserve) and graduat ng from co ege w th honors. However, noth ng makes me more proud than (b) (6).

Anything else you would like to share? I'm a b t of a Star Wars nerd. Actua y, more than a b t.

Fill out this form to be featured in a later edition of *Inside Voice*.

## PBS Curriculum welcomes 2019 new hires



PBS has welcomed over 70 new hires to the Region since February 2019 and brought 30 of them together in the ROB on Sept. 23-24 for the first installment of the *PBS Curriculum*.

This training is designed for all new PBS employees, both entry- and journey-level hires, to learn about the culture of PBS and how their roles impact regional PBS operations. As new PBS employees continue to join the region, they will experience future sessions of the *PBS Curriculum*.



Designed and run by the Chief of Staff's Organizational and Administrative Resources Branch, with **Donna Welcher** serving as program manager, the two-day training included introductions of the PBS leadership team, a customer 101 session, a directors panel discussion and a presentation on the William J. Green Federal Building Restack project, demonstrating how a project team functions and divisions interact.

New hires participating in this first *PBS Curriculum* included engineers, realty specialists, contracting specialists, building managers, construction control representatives and staff in facilities management, budget and design and construction.

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## National PBS Lease Contract team meets in Philadelphia



On Sept. 16-18, the PBS Lease Contract Administrative national management team held a training session in Philadelphia. The time allowed the team to collaborate, share experiences and present ideas for more efficient and effective practices for the organization's future development.

In 2018, Lease Contract Administration was zoned and R3's Realty Support Branch was designated the lead for Zone 1, responsible for overseeing all lease administration functions in Regions 1-3, 5 and 11.

Zone 1 includes approximately 3,200 leases or 40% of all GSA leases nationwide. Zone 2 manages Regions 4, 6 and 7, while Zone 3 manages Regions 8-10.

The national management team is pictured above. Seated from left to right are **Chad Latawiec**, **Jeff McKnight**, **Matt Crothers** and **Douglas Dooling**; standing from left to right are **Brian McDevitt**, **Andrew Berger**, **Joel Tabatcher**, **Katherine Swan**, **Gail Gallagher**, **Ann Weinstein** and **Sean Sullivan**.

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## Christina Shaw helps transfer mobile shooting range to Fish and Wildlife





On Sept. 18, FAS Area Property Officer **Christina Shaw** completed the transfer of a mobile shooting range from the Department of State training facility in Summit Point, West Virginia, to the Department of Interior's Fish and Wildlife Service in Shepherdstown, West Virginia.

The Meggitt Road Range is a mobile training facility for firearms that integrates live-fire and virtual simulation.

GSA recently trained the State Department on how to dispose of property via [GSAXcess](#). State used the training to test the vehicle, originally priced at \$5.5 million, on GSA's new "Property Highlights" platform.

The transfer filled both agencies' needs while underlining GSA's goals to develop new customers and simplify the process of acquiring property. The range will be used at Interior's National Conservation Training Center, a 600-acre site used to train Fish and Wildlife law enforcement officials.

## Nancy Wilkinson receives praise from Western District of Virginia

On Sept. 13, PBS Building Manager **Nancy Wilkinson** earned praise for a blood drive and shredding event at the Poff Federal Building in Roanoke, Virginia.

"I just wanted to let you know how wonderful Nancy Wilkinson is," wrote Candy Hampton, the administrative assistant for the U.S. District Court clerk of the Western District of Virginia. "I have worked here for 17 years and have been through several GSA building managers. Nancy is by far the best one we have ever had."



## FAS meets with Naval Supply Systems Command

On Sept. 4, FAS Assistant Commissioner **Bob Noonan**, Region 9 Commissioner **Casey Kelley**, National Account Manager **Mark Carico** and Customer Service Director **Kathleen Carroll** met with **William E. Bickert, Jr.**, Assistant Commander for Supply Chain Management Policy and Performance, at Naval Supply Systems Command in Mechanicsburg, Pennsylvania.

The FAS leaders briefed Bickert on several topics, including:

- Category Management
- Multiple Award Schedule consolidation
- Supply chain management for GSA Schedules and Global Supply programs
- Improving [GSA Global Supply](#) support for the Navy
- The impact of the [Section 899 FAR rule](#) on both the Navy and GSA
- The roadmap for GSA's fourth-party logistics conversion of the Navy's Facilities Engineering Command Shop stores
- Contract transitions



Berkert also mentioned a possible speaking role for GSA at the Navy Supply Systems Command Commander's Conference in November.

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## Personnel changes



- Effective Sept. 1, **JoAnn Stewart** was promoted to Realty South Branch Chief; **Gary Eberly** was promoted to Realty North Branch Chief; and **Stacy Keefer** was promoted to Organizational and Administrative Resources Branch Chief.
- Effective Sept. 3, **Erika Sanchez**, pictured left, joined GSA as a business and industry student trainee and **Janet Coker** joined GSA as a contract specialist.
- Effective Sept. 4, **Patrick Potok**, pictured center, joined GSA as a business and industry student trainee.
- Effective Sept. 16, **Kevin Such**, pictured right, joined GSA as a fire protection engineer.
- Effective Sept. 22, **Chris Tinari** was temporarily promoted to supervisory business systems specialist; **Meghan Kang** was temporarily promoted to supervisor of Realty's Pittsburgh team; **Jean Forcinito** was temporarily promoted to supervisor of Realty's Baltimore team; **Rebekah Cowles** was detailed as supervisor of Realty's Richmond team; **Carrie Vineberg** was reassigned as AAAP's subject matter expert; and **Erin Hoke** was reassigned to supervisor of Realty's De Va team.

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## Training opportunities

- 10/1 – [HR Links Supervisor Time & Leave](#)
- 10/1 – [HR Links Employee/Timekeeper Time & Leave](#)
- 10/1 - 10/4 – [FERS Pre-Retirement](#)
- 10/3 – [HR Links Supervisor Time & Leave](#)
- 10/7 – [HR Links Supervisor Time & Leave](#)

- 10/7 - 10/10 – [CSRS Pre-Retirement \(virtual\)](#)
- 10/7 - 10/10 – FPM 311: Progressive Concepts in Program Management - registration FAITAS

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## Submissions



Have something to be considered for *Inside Voice*? Submit it to [R3 Communications](#).



**U.S. General Services Administration**

GSA Mail Address: 100 South Independence Mall West, Philadelphia, PA, 19106

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This email was sent to Emma Address on behalf of General Services Administration · 1800 F Street NW · Washington, DC 20405 · 866 606 8220



Alicia Woods - ZCR &lt;alicia.woods@gsa.gov&gt;

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## Access The MLK FB, Mandatory Training Due

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**R4 SESB Communications** <gsain@notify.gsa.gov>

Thu, Sep 26, 2019 at 2:02 PM

Reply-To: gsain@notify.gsa.gov

To: alicia.woods@gsa.gov

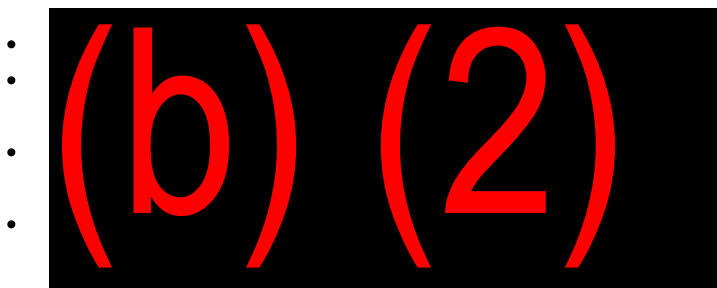


### Get Access To The MLK FB - Enrollment Process

If you are a new hire, new to the building (requiring PIV card access) or have received a new PIV card since your Pre-Enrollment please fill out this [form](#). If you have questions concerning enrollment or access card issues please contact [mlk\\_id\\_section@gsa.gov](mailto:mlk_id_section@gsa.gov).

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### Upcoming Training and Webinars



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### Share Your Photo!

We would like to have more photos of our employees doing the great work they do. If you have a photo you would like used in the weekly bulletin, send them our way!



Please send your quality photos to [R4 Comms](#) with a description or write up about what's taking place and who's in the photo including their title.

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### Submit your story to [R4 Comms](#)

All submissions are due **Wednesday before the day of issuance.**

If you miss the Wednesday deadline, the information will appear in the next circulation.

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View the [SESB Events Calendar](#) for the latest updates on news and events in Region 4

Email your event details to [R4 Comms](#).

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In addition to your weekly email updates, you can follow SESB Horizon on Chatter to get quick updates for news and scheduled events. Join the group, get the updates! [Click here](#) to start chatting with us!

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Stay Connected:



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This email was sent to [a.c.a.woods@gsa.gov](mailto:a.c.a.woods@gsa.gov) on behalf of General Services Administration · 1800 F Street NW · Washington, DC 20405 · 866 606 8220





Mike Mitchell - ZCR <mike.mitchell@gsa.gov>

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## R5 UPDATE: Mandatory Training, E-Sign Changes

1 message

**R5 Communications** <gsain@notify.gsa.gov>

Thu, Sep 26, 2019 at 3:30 PM

Reply-To: gsain@notify.gsa.gov

To: mike.mitchell@gsa.gov



### Mandatory Training due Sept. 30

(b) (2)

### GSA E-Sign Solution Changing Oct. 1 - Action Needed

GSA's contract for digitally signing documents is changing to a new vendor and more intuitive tool on Oct. 1. The tool will still be accessible via [sign.gsa.gov](https://sign.gsa.gov). If you have any active documents in the current e-Sign Live system, be sure to complete the signatures by Sept. 30 or you will have to start over in the new system. Previously signed documents within the system also need to be downloaded by Sept. 30.

*R5 Update is published every Tuesday and Thursday. Send story suggestions to [R5 Communications](#) at least one day before your desired publication date. Check the [R5 Event Calendar](#) for upcoming deadlines and events.*

Use the following link to manage your subscriptions to regional and national newsletters:

[Subscriber Preferences Page](#)



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## Region 6 News Digest - September 27, 2019

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**The Heartland Wire** <R6HeartlandWire@notify.gsa.gov>  
Reply-To: R6HeartlandWire@notify.gsa.gov  
To: gretchen.jabben@gsa.gov

Fri, Sep 27, 2019 at 9:00 AM



Sept. 27, 2019

### Lesser-known hero working at GSA



Firefighters get a lot of deserved credit for saving lives and property, but there is another industry working to save lives before fires start that is not as well known

It was when Dakota Roth literally “saw red” that he became interested in a career as a fire protection engineer.

[Read More](#)

*We want to feature more GSA employees who work behind the scenes to save lives. you are, or know, a lesser-known hero at GSA, email [r6heartlandwire@gsa.gov](mailto:r6heartlandwire@gsa.gov).*

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### Region 6 Mentoring Program upgrades to trio; apply now

"As we celebrate our fifth year of the Region 6 Mentoring Program, we are introducing an exciting new program change: instead of being matched as a mentoring pair, you will be part of a mentoring trio! Each trio will consist of a Lead Mentor (GS-14 or GS-15), Mid-Mentor (GS-13), and Protege (GS-12 and below)." said PBS Chief of Staff LaShonda Threat.

The 10-month program begins in November and is open to all Region 6 federal employees.

[Applications and overview](#)

Applications are due Oct. 8.

For more information about the mentoring program, contact [Kristin Conway](#) or [Tisha Horrell](#).



## PBS welcomes Courts family for annual meeting

Agencies connected within U.S. Courthouses met Sept. 17-18 at GSA's regional office in Kansas City, Missouri. The meeting was designed to share information about facilities management, operations and plans for the future.

Photo: Cy Houston greets EOUSA Architect Kenneth Rollins before the meeting begins.

## OSC all-hands meeting sets future communications strategy

Region 6's Office of Strategic Communication team, Gretchen Jabben, Charlie Cook and Alison Kohler, attended the organization's first all-hands meeting in Washington Sept. 17-18.

"This week's OSC all-hands meeting is important because it's people who deliver our agency's strategic messages and manage GSA's reputation with priority audiences," said Mark McHale, GSA's associate administrator, OSC.

"Equally important: Strengthening our personal relationships across the communications team enables OSC to better leverage its communications expertise and deliver more value to GSA."

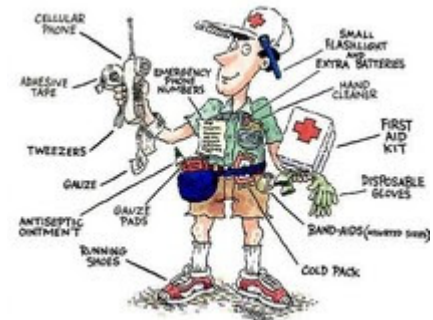
[Read the GSA Today article](#)



## Get involved in your community's preparedness

You are the help until help arrives. Empower yourself to help your community by knowing what to do in the event of an emergency.

[Learn More](#)



Twenty-one Region 6 participants burned 14,688 calories, saved 978 gallons of fuel and diverted 19,231 pounds of greenhouse gas during the summer challenge. [Learn More](#)



## Mandatory training deadline Sept. 30

- Employee Accountability for GSA Personal Property
- COOP Awareness Training
- Controlled Unclassified Information
- Occupational Safety & Health

[Learn More](#)

---

## Upcoming Events and Activities

- **September:** [National Preparedness Month](#)
- **Sept. 15-Oct. 15:** [Hispanic Heritage Month](#)
- **October:** [National Disability Employment Awareness Month](#)
- **Oct. 7:** PBS Town Hall with Commissioner Mathews, POSTPONED
- **Oct. 7-11:** [National Customer Service Week](#)

## Reminders and Opportunities

- **Sept. 30:** Complete and finalize any incomplete digital signature documents at [sign.gsa.gov](http://sign.gsa.gov)
- **Sept. 30:** Download any past documents you need in the next month from [sign.gsa.gov](http://sign.gsa.gov)
- **Oct. 1:** New digital signature solution DocuSign is available at [sign.gsa.gov](http://sign.gsa.gov)
- **Oct. 1:** [Email older than Oct. 1, 2012 will be deleted](#)
- **Oct. 16:** [Maximizing the Impact of Communication Styles](#) virtual lunch and learn
- **Oct. 28 - Nov. 1:** [KC FEB Supervisor Training Seminar](#) \$
- **Oct. 30:** [KC FEB Pre-Retirement Seminar](#) one-day course \$
- **Nov. 3:** [Daylight Saving Time ends](#) - set clocks back one hour
- **Nov. 11:** [Veterans Day](#)

*Visit [GSA InSite](#) for a list of all [Mandatory Training Classes](#).*

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View the [Region 6 Activity Calendar](#) for the latest updates on news and events in Region 6. The [Greater Kansas City Federal Executive Board's calendar](#) includes upcoming regional interagency events.



[R6 InSite](#) | [GSA.gov/r6](http://GSA.gov/r6) | [Facebook](#) | [Twitter](#) | [Chatter](#)



Weekly-News Bulletin <weekly-news.bulletin@gsa.gov>

## The Weekly Bulletin O'Neill - Week of September 30, 2019

1 message

General Services Administration <gsa@notify.gsa.gov>

Mon, Sep 30, 2019 at 9:00 AM

Reply-To: gsa@notify.gsa.gov

To: daily-news.bulletin@gsa.gov



Week of September 30, 2019

### In this issue...

- Important Telephone Numbers
- General Information
- Building Services
- Weekly Travel

Contact us at

[weekly-news.bulletin@gsa.gov](mailto:weekly-news.bulletin@gsa.gov).

When emailing, please type your building name in the subject line.

Are you receiving this Bulletin a day late?

Click the Manage Subscriptions at the bottom of the page. In Email Updates – Enter your email address. Under Preferences select "Send updated immediately by email."

### Important Telephone Numbers

**DHS/FPS 24-Hour Control Center (Emergency Line):** 877-437-7411

#### GSA Property Management:

Building Management Office: 617-565-5870

Marlyn Freeman: 617-839-3131 or [marlyn.freeman@gsa.gov](mailto:marlyn.freeman@gsa.gov)

Laura Burns: 857-246-6578 or [laura.burns@gsa.gov](mailto:laura.burns@gsa.gov)

**Building Concierge:** 617-565-7777

**Federal Occupational Health Unit:** 617-565-5090

#### GSA Advantage, e-Buy, e-Library:

Peter Sullivan at 617-565-7315 or [Peter.Sullivan@gsa.gov](mailto:Peter.Sullivan@gsa.gov)

#### GSA/FAS Telephone (Repairs and Questions):

Phone: 866-504-6353

Email: [FAS.phonehelp@gsa.gov](mailto:FAS.phonehelp@gsa.gov)

## Building Information

### Electronic Smoking Devices

The use of electronic smoking devices, including "vaporizers," "vapes" and "E-Cigarettes," are not permitted in federal facilities. The use of these devices, like the use of traditional tobacco products, is limited to designated smoking areas outside of the facility.

## General Information



## Join the Challenge Once Again! Check in - Green Streets

### Initiatives Walk/RideDay

Join GSA participant in the Green Streets Initiative Walk/Ride to Work Day challenge for the second year! On the last Friday of the month from now to October, think about the impact your daily commute has on your wallet, health, and the environment and try out an alternative commute. To partake in this virtual event, just fill out this online [check-in form](#) with the method of transportation you normally use and the transportation method you used on Walk/RideDay. Check in by **October 2nd**. A calendar of walk/ride and check-in days is available [here](#). Join in the challenge no matter if you:

- walk
- bike
- ride the train or bus
- or drive!

## WEDNESDAY - National Hispanic Heritage Month Celebration

The DEA, New England Field Division, and the Federal Special Emphasis Program Coalition are hosting a National Hispanic Heritage Month Celebration on Wednesday, October 2 at 12 p.m. in the **JFK Federal Building**, Room 900A. Opening remarks by Brian Boyle, Special Agent in Charge, DEA, New England Field Division. The keynote speaker will be Carlos O. Ramos Rivera, Command Sergeant Major (ret.), Massachusetts National Guard.

## Excess Federal Personal Property for Agency Use

The U.S. Department of Health and Human Services has the following excess item available at the **JFK Federal Building**, [15 New Sudbury St., Boston](#). The item includes:

- Executive desk
  - Heavy, very solid, mahogany finish
  - Has a few nicks and scratches
  - Measures 66" x 36" x 30"

This material is available for government transfer only and cannot be claimed by individuals. Procedures for the disposal of excess federal personal property must be followed. Any costs associated with moving furniture will be the responsibility of the agency receiving the excess property.

Contact Cyrus MacLean at 617-565-1077 or [Cyrus.MacLean@hhs.gov](mailto:Cyrus.MacLean@hhs.gov) for inquiries.

## Take Twenty Stretch Series Webinar

FOH is hosting an online Take Twenty Stretch Series on Tuesdays at 2 p.m. The series includes desk stretches and a breathing exercise. Relax, De-stress, and Unwind! Register for the series [HERE](#). Once registered, you will be registered for a first Tuesday sessions for the fiscal year. Email [Kelsey.Barros@foh.hhs.gov](mailto:Kelsey.Barros@foh.hhs.gov) for more information.

## O'Neill Toastmasters Meeting

Join the Toastmasters Club on the 2nd and 4th Thursday of the month from 12-1 p.m. at the O'Neill Federal Building, Room C. Join to learn more about the club and experience a meeting. Toastmasters International is a nonprofit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills, networking to meet new friends, improving self-confidence, and improving listening skills. The meetings are open to all and are always free.

## Van Pools

Morford - Boston/JFK 508-208-9510

Mt. Pleasant/New Bedford – Gloucester/Mattapa/Taunton (South Station, Haymarket and South Station) For times contact 508-542-0373

Mattapa - Exit 11, Park and Ride off the Mass Pike (Theater District, Financial District, Faneuil Hall, JFK) 857-206-0518

Sagamore/Boston (South Station, Coast Guard Base, North Station, Voyageur Building, JFK, Financial District) 508-364-0508

Springfield/Ludlow Mass Pike (Downtown Crossing/JFK FB) 617-316-2169 and 413-636-2853

Cape Cod/Boston (South Station, Chatham, Downtown, JFK, North Station) [617-788-0622](tel:617-788-0622), [774-291-9166](tel:774-291-9166) or [774-212-3625](tel:774-212-3625)

Rte 146 Worcester/Mattapa - Framingham - Boston 508-579-0836

## Building Services

### Service Call Requests

SA Office Room 08 [617 565 5870](tel:6175655870)

### O'Neill Conference Center Conference Rooms

Three rooms available. Reservations can be made by calling [617-565-5870](tel:6175655870).

### O'Neill Occupational Health Center

Located on the first floor, Room 197. Nurse Amanda Loftus, RN, can be reached  
t m d o f t @ f o o v o [617 565 5090](tel:6175655090) Ho **7:30 a m 4:00 p m**

### Influenza Vaccine 2019 Dates

If you work for the Federal Government, you may be eligible for a free influenza vaccine through the Federal Government. Day and times include:

- **Monday, September 30** from 10 a.m. - 12 p.m. and 1-2:30 p.m.
- **Tuesday, October 1** from 10 a.m. - 12 p.m.
- **Wednesday, October 2** from 10 a.m. - 3 p.m.
- **Thursday, October 3** from 10 a.m. - 12 p.m. and 1-2:30 p.m.
- **Friday, October 4** from 10 a.m. - 12 p.m. and 1-2:30 p.m.

Please contact your agency's Human Resources, Room 97, for exact availability, dates and times. The most accurate information about flu vaccine availability since this bulletin is on your agency's website.

**How to know if your agency has Fedstrive?** SA, HUD, SSA, IRS, INS, AO, USSS, SBA, FNS, STATE (DOS), FLRA, ICE, are all Fedstrive. DCMA also has a current order for flu vaccines through September 30.

Submit your photo to your agency's HR, to receive your photo for your ID.

Once you have received your photo, you may receive your photo after October 1. Please check with your agency point of contact (POC) for the most up to date information on your agency's agreement with FOH.

### Katry Schwab Fitness Center

Hours: Monday - Friday, **6 a.m. - 7 p.m.**

Staffed By: Lisa Mognosa, Acea Theroux and Stephanie Archambault

## **Membership fees for FY20**

October 1st – September 30th

(Prices pro-rated every quarter)

**\$65- Employees of participating agencies:** GSA, FNS, HUD, DOS, Passport, FPS Region 1

**\$225 for all other federal employees**

**\$300 Contractors (including cafeteria, credit union, security)**

Contact staff to arrange: Credit card payment and payment plans.

### **Telework Prices:**

2 days a week: 20% off

3 days a week 40% off

4 days a week 60% off

Checks may be deposited, using the envelope provided, in the lockbox on the desk.

Call or email for information: 617-565-5869 or [Lisa.Magnosa.FOH.HHS.gov](mailto:Lisa.Magnosa.FOH.HHS.gov).

## **Val's Place Concession Stand**

Located in the lobby. Open **7 a.m. - 4:30 p.m.**

## **Hanscom Federal Credit Union**

Located on the 2nd floor. Monday thru Friday **7:30 a.m. - 3:30 p.m.**

If you have any questions or concerns, please call the branch at [617-523-3960](tel:617-523-3960) or the 24-hour customer service number [800-656-4328](tel:800-656-4328).

### **Monday - Friday**

6:45 a.m. - 2:30 p.m.

Breakfast Gr

6:45 - 10:30 a.m.

Lunch Gr

11:15 a.m. - 2 p.m.

Desktop

11 a.m. - 2:30 p.m.

Sauna Bar

11 a.m. - 2 p.m.

Hot Entrees

11 a.m. - 2 p.m.

Please see [www.gometro.com/one-cafe](http://www.gometro.com/one-cafe) for the daily specials.

## **MONDAY**

**BREAKFAST:** Two Eggs cooked any style, Your Choice of Meat, Home Fries and Toast

**HOT ENTREES:** BBQ Steak Tips, Fried Chicken

**SIDES:** Steak Fries, Roasted Vegetable Medley, Garden Salad

**SOUPS:** Corn Chowder, Split Pea and Ham, French Onion, Soup du Jour

**DELI SPECIAL:** Chicken Salad BLT - Chicken Salad with Bacon, Lettuce and Tomato served on your choice of bread

**GRILL SPECIAL:** South of the Border Burger - A Char-Grilled Burger topped with Avocado, Cheddar Cheese, Salsa, Lettuce and Tomato

## **TUESDAY**

BREAKFAST: Linguica Omelet- An Omelet filled with Linguica Sausage and Cheese  
HOT ENTREES: Meaty Manicotti, Baked Chicken  
SIDES: White Rice, Roasted Brussels Sprouts, Roasted Vegetable Medley, Garden Salad  
SOUPS: Beef Stew, Hungarian Mushroom, Chicken Noodle, Soup du Jour  
DELI SPECIAL: Sausage, Pepper & Onion Sub- Italian Sausage, Peppers and Onions served on a Sub Roll  
GRILL SPECIAL: Steak Quesadilla- Grilled Steak and Cheese grilled on a Flour Tortilla. Served with Sour Cream and Salsa

## WEDNESDAY

BREAKFAST: Steak & Egg Sub- Scrambled Eggs, Shaved Steak, Sautéed Peppers and Onions and American  
v d S b Ro  
HOT ENTREES: Chicken Parmesan, Carved Ham  
SIDES: Potatoes, Spiced with Onion, Roasted Vegetables, Mashed Potatoes, Sides  
SOUPS: Beef Barley, Italian Wedding, Loaded Potato (GF), Soup du Jour  
DELI SPECIAL: Turkey, Chicken, Beef, Pork, Poultry, Lard, Tomato, Mayo, v d  
on a Jumbo Butter Croissant  
GRILL SPECIAL: Beef, Pork, Chicken, Turkey, Poultry, F d E d H B ow

## THURSDAY

BREAKFAST: Breakfast Grilled Cheese- A Fried Egg with Cheese and your choice of Meat grilled to perfection on buttered Bread  
HOT ENTREES: Turkey Dinner, Pumpkin Ravioli (LOV)  
SIDES: Butternut Squash, Mashed Potatoes, Stuffing, Roasted Vegetable Medley, Garden Salad  
SOUPS: Portuguese Kale and Linguica (GF) (DF), Cream of Chicken and White Rice, Cream of Tomato (LOV), Soup du Jour  
DELI SPECIAL: Ultimate Hummus and Veggie Sandwich- Homemade Hummus, Sliced Avocado, Red Onions, Tomatoes, Carrots, Alfalfa Sprouts and Spina on Multigrain Bread  
GRILL SPECIAL: Meaty Burger- A Hamburger topped with Ham, Bacon, Onion Rings, Cheese and Horseradish Mustard Sauce

## FRIDAY

BREAKFAST: Breakfast Pizza- Pizza Bread topped with Eggs, Onions, Peppers, Mushrooms and Mozzarella Cheese  
HOT ENTREES: Baked Haddock, Macaroni and Cheese (LOV), Salisbury Steak  
SIDES: Mac & Cheese, Brown Rice, Roasted Vegetables, Garden Salad  
SOUPS: Boccoccini (LOV), New England Chowder, Chicken Noodle, Soup du Jour  
DELI SPECIAL: Pastrami Sandwich- Pastrami with Swiss Cheese and Mustard served on Rye Bread  
GRILL SPECIAL: The Rache - Turkey, Cheese, Russian Dressing and Swiss Cheese grilled on Dark Rye Bread

(V) Vegetarian, (W) Wheat Free, (GF) Gluten Free, (LOV) Lacto-Ovo Vegetarian, (DF) Dairy Free

Food Allergy Reminder! Before placing your order, please inform your server if a person in your party has a food allergy. The O'Ne Café is NOT an allergen-free facility. We cannot guarantee that any product prepared or packaged on site is nut or allergen-free or that they have not come into contact with potential allergens.

**A&R Food Services/Go Metro Catering** is available. Please stop by the O'Ne Café and ask for more information.

Contact A&R Food Service with both feedback and suggestions for what you'd like to see in your cafeteria. We can be contacted via email at [nfo@gometro.com](mailto:nfo@gometro.com). You can also view the daily menu for the O'Ne Café at [www.gometro.com/one](http://www.gometro.com/one) as well as nutritional information for most of the cafeteria's offerings.

## Weekly Trivia

Which is the largest island in the Mediterranean sea?

Last edited on 9/27/19: Dogs have been domesticated for how many years? Answer: Scientists generally agree that there is good evidence that dogs were domesticated around 15,000 years ago.

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### [Return to Table of Contents](#)

The Weekly Bulletin is a publication of the General Services Administration, Regulation 1, Public Buildings Service, and is provided on a non-commercial basis as an information resource for tenants of GSA-managed properties.

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## Update from the Regional Administrator's Office

Message from the Regional Administrator <gsain@notify.gsa.gov>

Mon, Sep 30, 2019 at 11:50 AM

Reply-To: gsain@notify.gsa.gov

To: gretchen.jabben@gsa.gov



U.S. General Services Administration



Heartland Region,

You may have already heard that the U.S. Congress [passed](#) a continuing resolution on Thursday to provide annual funding for the government until 11:59 p.m. EST on Nov. 21. With the end of a fiscal year comes a lot of reporting responsibilities, and I hope you will join me in well wishes for our colleagues in procurement, acquisition, budget and other areas as they survive and recover from "crunch time."

The past year will no doubt be one for the ages. As I look back on the year, I'm so grateful for the amazing dedication and talent of our people here. Just think about our [longest-serving regional employees](#) Gwen Smith (50 years), Joyce Swope (40 years), and who can forget [Brenda Lee Ladage](#), capping 55 years of federal service in December. It's also been a pleasure to welcome new talent. Did you know the Office of Human Resources Management onboarded nearly 70 new employees in Region 6 in the past year?

The partial government shutdown, over 35 days last winter, caused numerous challenges depending on everyone's unique experience and situation. I was encouraged and impressed by how our GSA family came together regardless of their work status to look out for one another, and for remaining patient and focused despite challenging circumstances. GSA's Payroll Services Branch, under the direction of Payroll Operations Branch Chief Bart Jestel and the supporting IT team, certainly [went the extra mile](#) after the partial shutdown ended to pay furloughed and excepted staff. On the heels of the partial shutdown, spring flooding challenged the region, but as usual, our [Heartland team was a valued partner in the federal recovery](#).

Our best-performing story on social media in the past year was when I accepted National Institute for Construction Excellence - Kansas City's [Construction User award](#) on the Heartland Region's behalf for

using construction services on large scale development projects in the Kansas City region, and in recognition of the positive impact of construction investment on the economic sustainability of the region. The most time online users spent on [Region 6 gsa.gov](#) pages was to read about [PBS teams collecting pajamas](#) for a local children's hospital in December and [a recent profile](#) on Regional Fire Protection Engineer Dakota Roth.

Internally, the best-performing content was about the former Bannister Federal Complex where the Heartland regional office was headquartered until 2015. You might be interested to know a local property development firm delivered a presentation at a recent [Port KC meeting](#) regarding redevelopment at the Bannister Federal Complex. According to the [Kansas City Star](#), the proposal envisions seven warehouse and distribution buildings totaling nearly 2.6 million square feet and projects that as many as 1,500 people could work there. It's been remarkable for me to see the partnership that enabled the former Bannister Federal Complex to become an asset in the community for future development. I'm interested in the promising future of the neighboring site to our GSA property at 2306 and [2312 E. Bannister Rd.](#) Internal audiences were also interested in the [Heartland Region's work](#) to set up the Census Bureau with the space it needs for Census 2020.

Administrator Murphy shared recently that our audiences across the board want to hear about GSA's hard work to put small businesses first. The Heartland Region has done great work in the past year, including [two key small business awards](#) in November, and [a \\$3.5 million award](#) for a veterans outpatient clinic last March. I look forward to an even brighter year of small business utilization ahead of us.

When I look back on the past fiscal year, I'm not just proud of our business achievements, I'm honored to work with the best employees who come together in support of observances like [Take Our Daughters and Sons to Work Day](#) and [GSA's anniversary](#). I'm sure you agree that GSA's Heartland Region is the best of the best.

Thank you for all you do for GSA!

Michael Copeland  
GSA Regional Administrator  
[michael.copeland@gsa.gov](mailto:michael.copeland@gsa.gov)



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## Week of September 30, 2019

1 message

**R7 News and Notices** <gsain@notify.gsa.gov>

Reply-To: gsain@notify.gsa.gov

To: tina.jaegerman@gsa.gov

Wed, Oct 2, 2019 at 3:28 PM



**Week of September 30, 2019**

### In This Issue

- Photo of the Week: Juarez-Lincoln Land Port of Entry Dedication Event in Laredo
- Flu Shot Schedule for Employees in Lanham Federal Building
- 2019 Combined Federal Campaign - Meet Your GSA Region 7 CFC Coordinators
- Carter BloodCare Blood Drive on Tuesday, October 15
- Retirement Training for New, Mid Career and Pre-Retirement Employees
- Use It or Lose It: Review Your Annual Leave Balance
- What to do if Contacted by the Press?
- Have a Photo or Notice to Share with R7 News and Notices?
- Fritz G. Lanham Federal Building Information:
- City of Fort Worth Courts Building Project
- Contact Information for Lanham Custodial and Operations and Maintenance (O&M) Contractor

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### Photo of the Week: Juarez-Lincoln Land Port of Entry Dedication Event in Laredo



On September 16, GSA, the Customs and Border Protection (CBP), Congressman Henry Cuellar and the City of Laredo held a ribbon cutting event to commemorate the completion of the expansion and modernization project at the Juarez-Lincoln Land Port of Entry (LPOE) in Laredo, Texas.

The completed project significantly eased pedestrian and vehicular traffic while also increasing efficiency and functionality of port operations. Other improvements include:

- New bus processing facility with interior lanes, baggage x-ray, waiting areas, public restrooms and unloading, loading and inspection canopies;
- Upgraded utilities and communication systems; and

- Permanent inspection facilities for the Federal Motor Carrier Safety Administration (FMCSA).

During the event, PBS Regional Commissioner (RC) Giancarlo Brizzi thanked the GSA project team for their dedication and commitment to the project. RC Brizzi specifically thanked Pam Browning, Jorge Camero, Tom Kollaja, Barney McCollum, Ashley Morgan, Edgardo Perez-Cosme, Gabriel Vargas, Chris Anzalduas, Hugo Gardea, Kendall Waldie and Raul Moreno.

Raul Moreno, one of Laredo's native sons, served as the Project Manager and was joined at the event with his family.

Share your news Region 7 News and Notices. Use this [form](#) to submit your Photo of the Week.

## Flu Shot Schedule for Employees in Lanham Federal Building



Federal Occupational Health will be giving Flu Vaccine Shots in room 13A25 of the Fritz G. Lanham Building beginning Tuesday, October 1 through Friday, October 4.

See this week's schedule below:

- Daily between 10:00 a.m. to 12:00 p.m.
- Daily between 1:00 a.m. to 2:00 p.m.

After this week, GSA "make up" days are every Monday and Friday from 1:00 p.m. to 2:00 p.m.

## 2019 Combined Federal Campaign - Meet Your GSA Region 7 CFC Coordinators



Are you ready to Show Some Love? We invite you to join us in this year's [Combined Federal Campaign \(CFC\)](#), the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. This year's CFC goes through January 12, 2020.

If you are interested in donating, donations can be made at this centralized giving portal: <https://cfcgiving.opm.gov/welcome>.

When you register to donate, GSA can be found under the Department listing "Independent Executive & Quasiofficial Agencies".

If a paper form is preferred, a editable version of the [Employee Pledge Form](#) should be submitted to one of the CFC Coordinators below:

### PBS Coordinators:

- **Taiyee Coleman**, [taiyee.coleman@gsa.gov](mailto:taiyee.coleman@gsa.gov) or (832) 397-8449
- **Brian Bynum**, [brian.bynum@gsa.gov](mailto:brian.bynum@gsa.gov) or (817) 850-8240
- **Stuart Lamkin**, [stuart.lamkin@gsa.gov](mailto:stuart.lamkin@gsa.gov) or (817) 978-0672
- **Tim McVay**, [timothy.mcvay@gsa.gov](mailto:timothy.mcvay@gsa.gov) or (501) 707-2392
- **Jennifer Villanueva**, [jennifer.villanueva@gsa.gov](mailto:jennifer.villanueva@gsa.gov) or (214) 245-0901

## Carter BloodCare Blood Drive on Tuesday, October 15



Give the gift of life by donating blood on Tuesday, October 15, in the Texas Room (4A14H) of the Lanham Federal Building.

Reserve a time slot [here](#) or just stop by between 9:00 a.m. - 1:30 p.m.

The Carter BloodCare Blood Drive is sponsored by the GSA Employee Association.

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## Retirement Training for New, Mid Career and Pre-Retirement Employees



Now is the time to start planning for retirement. Take advantage of these free training opportunities offered by the Office of Human Resource Management. Supervisor approval is required

Financial Planning for New Employees

- November 18 - 19 (VIRTUAL) 12:30pm - 3:30pm, [Click here to register](#)

### FERS Mid-Career Seminars

- October 21 - 24 (VIRTUAL) 8:30am - 11:30am, [Click here to register](#)
- December 2 - 5 (VIRTUAL) 12:30pm - 3:30pm, [Click here to register](#)

### FERS Pre-Retirement Seminars

- November 4 - 7 (VIRTUAL); 8:30am - 11:30am, [Click here to register](#)
- December 9 - 11 (VIRTUAL) 12:30pm - 3:30pm, [Click here to register](#)

Questions regarding any of the listed classes can be submitted to [tss@gsa.gov](mailto:tss@gsa.gov).

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## Use It or Lose It: Review Your Annual Leave Balance



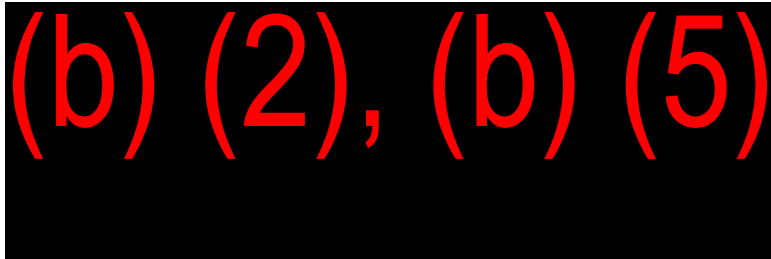
Did you know the “leave year” ends on Jan. 4, 2020?

Non-SES employees can carry up to 240 hours of leave into the new year. Any hours above that limit is considered “use or lose” leave time and will expire on Jan. 5, 2020.

Be sure to review your annual leave balances and coordinate appropriately with your supervisor when scheduling annual leave. [Learn more.](#)

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## What to do if Contacted by the Press?





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## Have a Photo or Notice to Share with R7 News and Notices?



Share your news with Region 7 News and Notices!

If you have a photo and story you'd like shared in R7 News and Notices, use this [form](#) to submit your Photo of the Week.

If you have a notice you'd like shared with employees, send to [R7newsandnotices@gsa.gov](mailto:R7newsandnotices@gsa.gov).

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## Fritz G. Lanham Federal Building Information:

### City of Fort Worth Courts Building Project



The City of Fort Worth is in progress on a project for construction of ADA accessible ramp for citizens to enter the municipal courts building on the Northeast corner from the Throckmorton sidewalk and street.

As a result of this work, a portion of the sidewalk and one street lane on Throckmorton Street directly adjacent to the city building have been temporarily closed while this work takes place.

The areas of construction are clearly marked, identified, and are closed to pedestrian and vehicle traffic. However, the remaining areas of the city owned park directly adjacent to the Lanham Building on the east side of the building remain open and accessible.

The work does require some major demolition of concrete in the sidewalk areas. This work will take place during normal tenant working hours and could possibly disrupt tenants in the Lanham Building while the work is performed. This work is scheduled to take place over the next two weeks.

The total project time is estimated to be completed November 1, 2019.

We apologize for the inconvenience that this issue has caused and appreciate your patience.

If you have any questions, or if you need any additional information, please contact Johnny Ferraro at 817-585-2712 or [Johnny.Ferraro@gsa.gov](mailto:Johnny.Ferraro@gsa.gov).

## Contact Information for Lanham Custodial and Operations and Maintenance (O&M) Contractor



Need to report and issue? Use the contact information below to report your concern.

If you wish to report a custodial issue, please contact Blens, LLC. at 817-336-1693 or you may email [FWCustodial@gsa.gov](mailto:FWCustodial@gsa.gov).

If you wish to report a maintenance issue, please contact Northern Management at 817-782-9404 or you may email [Fort-Worth.Maintenance@gsa.gov](mailto:Fort-Worth.Maintenance@gsa.gov).

If you have any additional questions or concerns, please contact the Building Manager's office at 817-978-2856.

Region 7 News & Notices is a weekly bulletin to share information about regional happenings.

To submit an article for Region 7's Weekly News and Notices, click [here](#).

The weekly bulletin is provided by the Region 7 Communications Team.



**U.S. General Services Administration**

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Weekly-News Bulletin <weekly-news.bulletin@gsa.gov>

## The Weekly Bulletin O'Neill – Week of October 7, 2019

1 message

General Services Administration <gsa@notify.gsa.gov>

Mon, Oct 7, 2019 at 9:42 AM

Reply-To: gsa@notify.gsa.gov

To: daily-news.bulletin@gsa.gov



Week of October 7, 2019

### In this issue...

- Important Telephone Numbers
- General Information
- Building Services
- Weekly Travel

Contact us at

[weekly-news.bulletin@gsa.gov](mailto:weekly-news.bulletin@gsa.gov).

When emailing, please type your building name in the subject line.

Are you receiving this Bulletin a day late?

Click the Manage Subscriptions at the bottom of the page. In Email Updates – Enter your email address. Under Preferences select "Send updated immediately by email."

### Important Telephone Numbers

**DHS/FPS 24-Hour Control Center (Emergency Line):** [877-437-7411](tel:877-437-7411)

#### GSA Property Management:

Building Management Office: [617-565-5870](tel:617-565-5870)

Marlyn Freeman: [617-839-3131](tel:617-839-3131) or [marlyn.freeman@gsa.gov](mailto:marlyn.freeman@gsa.gov)

Laura Burns: [857-246-6578](tel:857-246-6578) or [laura.burns@gsa.gov](mailto:laura.burns@gsa.gov)

**Building Concierge:** [617-565-7777](tel:617-565-7777)

**Federal Occupational Health Unit:** [617-565-5090](tel:617-565-5090)

#### GSA Advantage, e-Buy, e-Library:

Peter Sullivan at [617-565-7315](tel:617-565-7315) or [Peter.Sullivan@gsa.gov](mailto:Peter.Sullivan@gsa.gov)

#### GSA/FAS Telephone (Repairs and Questions):

Phone: [866-504-6353](tel:866-504-6353)

Email: [FAS.phonehelp@gsa.gov](mailto:FAS.phonehelp@gsa.gov)

## General Information

### THURSDAY- AFSP Talk Saves Lives presentation at the JFK

OSHA is hosting a free event called Talk Saves Lives at the JFK Federal Building, lower level Room E245 on **Thursday, October 10**. There will be two sessions - 11 a.m. - 12 p.m. and 1 - 2 p.m. Talk Saves Lives is a community-based Introduction to Suicide Prevention presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Participants will learn what suicide is, who it affects, what we know about it and how we can help prevent it together.

This session is open to all JFK and O'Neill Federal Buildings employees/families and the general public. Room capacity is limited and RSVPs to [Cowan.marlene@do.gov](mailto:Cowan.marlene@do.gov) are requested (please note either session one or

two) but not required. Signed will not be required.

## Excess Federal Personal Property for Agency Use

The U.S. Department of Health and Human Services has the following excess items available at the **JFK Federal Building, 15 New Sudbury St., Boston**. The items include:

- Executive desk
  - Heavy, very solid, mahogany finish
  - Has a few nicks and scratches
  - Measures 66" x 36" x 30"

Contact Cyrus MacLean at 617-565-1077 or [Cyrus.MacLean@hhs.gov](mailto:Cyrus.MacLean@hhs.gov) for inquiries.

The Office of the Assistant Chief Counsel has the following excess items available at the O'Neil Federal Building, Room 0879 on the 8th floor. The items include six file cabinets:

- (2) 19"x 36" x 48" 3-drawer cabinet
- (2) 19"x 36" x 61" 4-drawer cabinets
- (1) 15" x 29" x 60" 5-drawer cabinet
- (1) 15" x 28" x 62" 5-drawer cabinet

Contact Marvin Irons at 617-565-6358 or [marvin.iron@cbp.dhs.gov](mailto:marvin.iron@cbp.dhs.gov)

This material is available for government transfer only and cannot be claimed by individuals. Procedures for the disposal of excess federal personal property must be followed. Any costs associated with moving furniture will be the responsibility of the agency receiving the excess property.

## Take Twenty Stretch Series Webinar

FOH is hosting an online Take Twenty Stretch Series on Tuesdays at 2 p.m. The series includes desk stretches and a breathing exercise. Relax, De-stress, and Unwind! Register for the series [HERE](#). Once registered, you will be registered for a first Tuesday sessions for the fiscal year. Email [Kelsey.Barros@foh.hhs.gov](mailto:Kelsey.Barros@foh.hhs.gov) for more information.

## Van Pools

Malden - Boston/JFK 508-208-9510

Mt. Pleasant/New Bedford – Gloucester/Ma/Taunton (South Station, Haymarket and Points in Between) For times contact 508-542-0373

Malden - Ext 11, Park and Ride off the Mass Pike (Theater District, Financial District, Faneuil Hall, JFK) 857-206-0518

Sagamore/Boston (South Station, Coast Guard Base, North Station, Voyage Building, JFK, Financial District) 508-364-0508

Springfield/Ludlow Mass Pike (Downtown Crossing/JFK FB) 617-316-2169 and 413-636-2853

Cape Cod/Boston (South Station, Chatham, Downtown, JFK, North Station) [617-788-0622](tel:617-788-0622), [774-291-9166](tel:774-291-9166) or [774-212-3625](tel:774-212-3625)

Rte 146 Worcester/Malden - Framingham - Boston 508-579-0836

## Building Services

### Service Call Requests

GSA office in Room 108. Call [617-565-5870](tel:617-565-5870).

## O'Neill Conference Center Conference Rooms

Three rooms available. Reservations can be made by calling [617-565-5870](tel:617-565-5870).

## O'Neill Occupational Health Center

Located on the first floor, Room 197. Nurse Amanda Loftus, RN, can be reached at [amanda.loftus@foh.hhs.gov](mailto:amanda.loftus@foh.hhs.gov) or [617-565-5090](tel:617-565-5090). Hours are **7:30 a.m. - 4:00 p.m.**

### Influenza Vaccine 2019

Influenza vaccine will be available to all Federal members during work hours - no pre-signups necessary. The clinic door (room 197) will have the most accurate information about flu vaccine availability.

Schedule:

**Monday - 10/7:** 10 a.m. - 1 p.m.

**Tuesday - 10/8:** 1-3:30 p.m.

**Wednesday - 10/9:** 10 a.m. - 1 p.m.

**Thursday - 10/10:** 10 a.m. - 1 p.m.

**Friday - 10/11:** 10 a.m. - 12 p.m. and 2-3:30 p.m.

How to know if your agency has Federal? **GSA, HUD, SSA, IRS, CNCS, GAO, USSS, SBA, FNS, STATE (DOS), FLRA, ICE, and DCMA** are all Federal.

Similar to the past 3 years, the health office will have open work hours posted for almost every day - please bring your ID.

Other agencies without Federal services MAY have influenza orders in place AFTER October 1. Please check with your agency point of contact (POC) for the most up to date information.

## Katry Schwab Fitness Center

Hours: Monday - Friday, **6 a.m. - 7 p.m.**

Staffed By: Lisa Mgiosa, Acela Theroux and Stephanie Archambault

### Membership fees for FY20

October 1st – September 30th

(Please provide your ID)

**\$65- Employees of participating agencies:** GSA, FNS, HUD, DOS, Passport, FPS Region 1

**\$225 for all other federal employees**

**\$300 Contractors (including cafeteria, credit union, security)**

Contact info: [617-565-5869](tel:617-565-5869) or [L.M@FOH.HHS.gov](mailto:L.M@FOH.HHS.gov)

### Telework Prices:

1 day work 0% off

3 days a week 40% off

4 days a week 60% off

Checks may be deposited, using the envelope provided, in the mailbox on the desk.

Contact info: [617-565-5869](tel:617-565-5869) or [L.M@FOH.HHS.gov](mailto:L.M@FOH.HHS.gov)

## Val's Place Concession Stand

Located in the lobby. Open **7 a.m. - 4:30 p.m.**

## Hanscom Federal Credit Union

Located on the 2nd floor. Monday thru Friday **7:30 a.m. - 3:30 p.m.**

If you have any questions or concerns, please call the branch at [617-523-3960](tel:617-523-3960) or the 24-hour customer service number [800-656-4328](tel:800-656-4328).

### Monday - Friday

6:45 a.m. - 2:30 p.m.

Breakfast Gr

6:45 - 10:30 a.m.

Lunch Gr

11:15 a.m. - 2 p.m.

Desk Station

11 a.m. - 2:30 p.m.

Sauna Bar

11 a.m. - 2 p.m.

Hot Entrees

11 a.m. - 2 p.m.

Please see [www.gometro.com/one-cafe](http://www.gometro.com/one-cafe) for the daily specials.

## MONDAY

BREAKFAST: Omelette Casserole- Two Eggs cooked any style, Your Choice of Meat, Home Fries and Toast

HOT ENTREES: Baked Ziti with Meatballs, BBQ Chicken Breast

SIDES: White Rice, Roasted Vegetable Medley, Garden Salad

SOUPS: Corn Chowder, Split Pea & Ham, Italian Wedding, Soup du Jour

DELI SPECIAL: Roast Beef BLT- Roast Beef with Bacon, Lettuce and Tomato served on your choice of bread

GRILL SPECIAL: Bacon Grilled Cheese- Bacon and Cheese grilled to perfection on Sourdough Bread

## TUESDAY

BREAKFAST: Power Wrap- Egg Whites, Turkey, Mushrooms, Spinach and Swiss Cheese rolled in a Flour Tortilla

HOT ENTREES: Sesame Steak Tips, Garlic & Herb Pork Loaf, Loaded Baked Potato Bar

SIDES: Rice Pilaf, Roasted Corn, Roasted Vegetable Medley, Garden Salad

SOUPS: Beef Stew, Hungarian Mushroom, Chicken Noodle, Soup du Jour

DELI SPECIAL: Bacon Avocado Wrap- Crispy Bacon, Sliced Avocado, Lettuce and Tomato rolled in a Flour Tortilla

GRILL SPECIAL: Chicken Bomb- Shaved Chicken with Grilled Mushrooms & Onions and melted Cheese served in a Sub Roll

## WEDNESDAY

BREAKFAST: Breakfast BLT- Bacon, Lettuce, Tomato, Fried Egg and American Cheese served on a jumbo butter Croissant

HOT ENTREES: Chicken Parmesan- Pasta Bolognese

SIDES: Pasta, Spinach with Garlic Oil, Roasted Vegetable Medley, Garden Salad

SOUPS: Beef Barley, Minestrone, Chicken Stew (GF), Soup du Jour

DELI SPECIAL: Greek Tabouli Wrap- Tabouli Salad with Hummus, Chopped Tomatoes, Black Olives, Feta Cheese and Greek Dressing rolled in a Flour Tortilla

GRILL SPECIAL: Bacon Tuna Melt- Homemade Tuna Salad, Crispy Bacon and Cheese grilled to perfection on your choice of Bread

## THURSDAY



**BREAKFAST:** Breakfast Greek Wrap- Turkey Sausage, Spinach, Feta and Tomatoes rolled in a Four Tortilla

**HOT ENTREES:** Turkey Dinner, Eggplant Caprese Stackers (LOV)

**SIDES:** Butternut Squash, Mashed Potatoes, Stuffing, Roasted Vegetable Medley, Garden Salad

**SOUPS:** Portuguese Kale & Linguica (GF) (DF), Cream of Chicken & Wild Rice, Cream of Tomato (LOV), Soup du Jour

**DELI SPECIAL:** Pastrami Sandwich- Pastrami with Swiss Cheese and Mustard served on Rye Bread

**GRILL SPECIAL:** Turkey Cheeseburger- A Turkey Burger topped with Cheese and served on a Buckle Ro

## FRIDAY

**BREAKFAST:** Chocolate Chip Pancakes- Two Buttermilk Pancakes grilled to perfection with Chocolate Chips

**HOT ENTREES:** Baked Haddock, Mac & Cheese (LOV), Chicken Scallops

**SIDES:** Mac & Cheese, Jasmine Rice, Roasted Vegetables, Garden Salad

**SOUPS:** Boccoccini (LOV), New England Chowder, Chicken Noodle, Soup du Jour

**DELI SPECIAL:** The Mediterranean Wrap

Hummus, Tomato, Feta, Cucumber, Diced Tomato, Pesto, Tzatziki Sauce, Four Tortilla

**GRILL SPECIAL**

(V) Vegetarian, (W) Weight Watchers Approved, (GF) Gluten Free, (LOV) Lacto-Ovo Vegetarian, (DF) Dairy Free

**Food Allergy Reminder!** Before placing your order, please inform your server if a person in your party has a food allergy. The O'Ne Café is NOT an allergen-free facility. We cannot guarantee that any product prepared or packaged on site is nut or allergen-free or that they have not come into contact with potent allergens.

**A&R Food Services/Go Metro Catering** is available. Please stop by the O'Ne Café and ask for more information.

Contact A&R Food Service with both feedback and suggestions for what you'd like to see in your cafeteria. We can be contacted via email at [nfo@gometro.com](mailto:nfo@gometro.com). You can also view the daily menu for the O'Ne Café at [www.gometro.com/one](http://www.gometro.com/one) as well as nutritional information for most of the cafeteria offerings.

## Weekly Trivia

What was the first artificial flavoring?

Last edited on trivia: Which is the largest island in the Mediterranean sea? Answer: Sicily is the largest island located in the Mediterranean Sea. It is 9,927 square miles in size.

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## The Weekly Bulletin O'Neill - Week of September 23, 2019

1 message

**General Services Administration** <gsa@notify.gsa.gov>

Mon, Sep 23, 2019 at 8:06 AM

Reply-To: gsa@notify.gsa.gov

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Week of September 23, 2019

### In this issue...

- Important Telephone Numbers
- General Information
- Building Services
- O'Neill Cafe
- Weekly Travel

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### Important Telephone Numbers

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#### GSA Property Management:

Building Management Office: [617-565-5870](tel:617-565-5870)

Maryn Freeman: [617-839-3131](tel:617-839-3131) or [maryn.freeman@gsa.gov](mailto:maryn.freeman@gsa.gov)

Laura Burns: [857-246-6578](tel:857-246-6578) or [laura.burns@gsa.gov](mailto:laura.burns@gsa.gov)

**Building Concierge:** [617-565-7777](tel:617-565-7777)

**Federal Occupational Health Unit:** [617-565-5090](tel:617-565-5090)

#### GSA Advantage, e-Buy, e-Library:

Peter Sullivan at [617-565-7315](tel:617-565-7315) or [Peter.Sullivan@gsa.gov](mailto:Peter.Sullivan@gsa.gov)

#### GSA/FAS Telephone (Repairs and Questions):

Phone: [866-504-6353](tel:866-504-6353)

Email: [FAS.phonehelp@gsa.gov](mailto:FAS.phonehelp@gsa.gov)

## Building Information

### Electronic Smoking Devices

The use of electronic smoking devices, including "vaporizers," "vapes" and "E-Cigarettes," are not permitted in federal facilities. The use of these devices, like the use of traditional tobacco products, is limited to designated smoking areas outside of the facility.

## General Information

### WEDNESDAY - In-Body Screenings

On Wednesday, September 25, visit conference Room A from 8:30 a.m. - 2 p.m. to find out your body fat mass, lean body mass, and the strength of your muscles. Appointments are 15 minutes apart but the actual InBody on y takes a few minutes to complete.

Email [Kelsey.Barros@foh.hhs.gov](mailto:Kelsey.Barros@foh.hhs.gov) for more information and to set an appointment.

## OCTOBER 2 - National Hispanic Heritage Month Celebration

The DEA, New England Field Division, and the Federal Special Emphasis Program Coalition are hosting a National Hispanic Heritage Month Celebration on Wednesday, October 2 at 12 p.m. in the **JFK Federal Building**, Room 900A. Opening remarks by Brian Boye, Special Agent in Charge, DEA, New England Field Division. The keynote speaker will be Carlos O. Ramos Rivera, Command Sergeant Major (ret.), Massachusetts National Guard.

## Excess Federal Personal Property for Agency Use

The U.S. Department of Health and Human Services has the following excess items available at the **JFK Federal Building**, [15 New Sudbury St., Boston](#). The items include:

- 12 mahogany bookshelves - 3'x1'x7'
- Credenza - 74" x 18" x 30"

This material is available for government transfer only and cannot be claimed by individuals. Procedures for the disposal of excess federal personal property must be followed. Any costs associated with moving furniture will be the responsibility of the agency receiving the excess property.

Contact Cyrus MacLean at 617-565-1077 or [Cyrus.MacLean@hhs.gov](mailto:Cyrus.MacLean@hhs.gov) for inquiries.

The National Oceanic and Atmospheric Administration has the following excess items available at the **O'Neill Federal Building**, [10 Causeway Street, Boston](#). The items include:

- 1 cherry desk, L-shape: 84 x 73 inches
- Approximately 10 chairs, blue

This material is available for government transfer only and cannot be claimed by individuals. Procedures for the disposal of excess federal personal property must be followed. Any costs associated with moving furniture will be the responsibility of the agency receiving the excess property.

Contact Thuy Giang at 617-565-1800 or [Thuy.Giang@noaa.gov](mailto:Thuy.Giang@noaa.gov) for inquiries.

## Take Twenty Stretch Series Webinar

FOH is hosting an online Take Twenty Stretch Series on Tuesdays at 2 p.m. The series includes desk stretches and a breathing exercise. Relax, De-stress, and Unwind! Register for the series [HERE](#). Once registered, you will be registered for a first Tuesday sessions for the fiscal year. Email [Kelsey.Barros@foh.hhs.gov](mailto:Kelsey.Barros@foh.hhs.gov) for more information.

## O'Neill Toastmasters Meeting

Join the Toastmasters Club on the 2nd and 4th Thursday of the month from 12-1 p.m. at the O'Neill Federal Building, Room C. Join to learn more about the club and experience a meeting. Toastmasters International is a nonprofit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills, networking to meet new friends, improving self-confidence, and improving listening skills. The meetings are open to all and are always free.

## Van Pools

Malden - Boston/JFK 508-208-9510

Mt. Pleasant/New Bedford – Gloucester/Ma Taunton (South Station, Haymarket and Points Between) For times contact 508-542-0373

Methuen - Exit 11, Park and Ride off the Mass Pike (Theater District, Financial District, Faneuil Hall, JFK) 857-206-0518

Sagamore/Boston (South Station, Coast Guard Base, North Station, Voyageur Building, JFK, Financial District) 508-364-0508

Springfield/Ludlow Mass Pike (Downtown Crossing/JFK FB) 617-316-2169 and 413-636-2853

Cape Cod/Boston (South Station, Chatham, Downtown, JFK, North Station) [617-788-0622](tel:617-788-0622), [774-291-9166](tel:774-291-9166) or [774-212-3625](tel:774-212-3625)

Rte 146 Worcester/Methuen - Framingham - Boston 508-579-0836

## Building Services

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### O'Neill Cafe

#### Service Call Requests

GSA office in Room 108. Call [617-565-5870](tel:617-565-5870).

#### O'Neill Conference Center Conference Rooms

To room visit by Room to Command by call [617-565-5870](tel:617-565-5870)

#### O'Neill Occupational Health Center

Located on the first floor, Room 197. Nurse Amanda Loftus, RN, can be reached at [amanda.loftus@foh.hhs.gov](mailto:amanda.loftus@foh.hhs.gov) or [617-565-5090](tel:617-565-5090). Hours are **7:30 a.m. - 4:00 p.m.**

#### Influenza Vaccine 2019

Influenza vaccine will be available to all Federal members potentially this week, beginning Thursday.

**\*Please check the door outside the Health Clinic room 197 for exact availability, and walk-in hours.**

The clinic door will have the most accurate information about future vaccine availability.

How to know if your agency has Federal? GSA, HUD, SSA, IRS, CNCS, GAO, USSS, SBA, FNS, STATE (DOS), FLRA, ICE, are all Federal.

Similar to the past 3 years, the health office will have open walk-in hours posted for almost every day - please bring your ID.

Other agencies without Federal services MAY have influenza orders in place AFTER October 1st, please check with your agency point of contact (POC) for the most up to date information.

#### O'Neill Fitness Center

Hours Monday - Friday, **6 a.m. - 7 p.m.**

Staffed By: Lisa Mognosa, Acela Theroux and Stephanie Archambault

#### Fiscal Year 2019 Prices:

February 1 :

**\$50- Employees of participating agencies:** GSA, FNS, HUD, Passport, State and Federal Protective Service

Credit Card: \$52.50

**\$150 for all other federal employees:**

Credit Card: \$157

*Monthly Credit card withdrawal: \$19.62*

- **Monthly and credit card payments available**
- **Discount pricing for “continuous” teleworkers of non-participating agencies available.**

**Telework Prices:**

**2 days a week: 20% off -\$120**

**3 days a week 40% off – \$90**

**4 days a week 60% off - \$60**

**\$200 Contractors**

Contact: [Lisa.magnosa@foh.hhs.gov](mailto:Lisa.magnosa@foh.hhs.gov)

**Val's Place Concession Stand**

Located in the lobby. Open **7 a.m. - 4:30 p.m.**

**Hanscom Federal Credit Union**

Located on the 2nd floor. Monday thru Friday **7:30 a.m. - 3:30 p.m.**

If you have any questions or concerns, please call the branch at [617-523-3960](tel:617-523-3960) or the 24-hour customer service number [800-656-4328](tel:800-656-4328).

**Monday - Friday**

6:45 a.m. - 2:30 p.m.

Breakfast Gr

6:45 - 10:30 a.m.

Lunch Gr

11:15 a.m. - 2 p.m.

Desktop

11 a.m. - 2:30 p.m.

Sauna Bar

11 a.m. - 2 p.m.

Hot Entrees

11 a.m. - 2 p.m.

Please see [www.gometro.com/one-cafe](http://www.gometro.com/one-cafe) for the daily specials.

**MONDAY**

BREAKFAST: O'Ne Cassc - Two Eggs cooked any style, your choice of Meat, Home Fries, and Toast

HOT ENTREES: Spaghetti and Meatballs, Chicken Marsala

SIDES: Roasted Potatoes, Roasted Vegetable Medley, Garden Salad

SOUPS: Corn Chowder, Split Pea and Ham, French Onion, Soup du Jour

DELI SPECIAL: The American - Ham, Turkey, American Cheese, Lettuce, Tomato, and Mayonnaise served on your choice of Bread

GRILL SPECIAL: Bacon Cheeseburger - A Hamburger with Cheese and Bacon on a Buckle Ro

**TUESDAY**

BREAKFAST: Pancake Breakfast Sandwich - A Fried Egg and your choice of Breakfast Meat sandwiched between two Pancakes and served with Home Fries

HOT ENTREES: Yankee Pot Roast, Honey BBQ Chicken Tenders

SIDES: White Rice with Spinach, Cauliflower, Roasted Vegetable Medley, Garden Salad



SOUPS: Beef Stew, Hungarian Mushroom, Chicken Noodle, Soup du Jour

DELI SPECIAL: Crispy BBQ Chicken Wrap - Crispy Chicken Tenders, BBQ Sauce, Shredded Lettuce, Diced Tomatoes, Pickles, and Cheddar Jack Cheese rolled in a Flour Tortilla

GRILL SPECIAL: Turkey Cheeseburger Club - A Turkey Burger with Cheese topped with Bacon, Lettuce, and Tomato

## WEDNESDAY

BREAKFAST: Western Bowl - Scrambled Eggs, Peppers, Onions, Ham, and Cheese served in a Bowl

HOT ENTREES: Chicken Parmesan, Apple Potatoes

SIDES: Pasta, Spinach with Garlic Oil, Roasted Vegetable Medley, Garden Salad

SOUPS: Beef Barley, Italian Wedding, Loaded Potato (F), Soup du Jour

DELI SPECIAL: Chicken Caesar Wrap - Grilled Chicken, Roman Lettuce, Parmesan Cheese, Croutons, and Dressing on a Tortilla

GRILL SPECIAL: Grilled Marinated Chicken Breast - Marinated Chicken Breast with Lettuce and Tomato on a Baked Roll

## THURSDAY

BREAKFAST: Corned Beef Hash Roll Up - Scrambled Eggs, Corned Beef Hash, and Cheese rolled in a Flour Tortilla

HOT ENTREES: Turkey Dinner, Baked Ziti (LOV), Italian Sausage

SIDES: Butternut Squash, Mashed Potatoes, Stuffing, Roasted Vegetable Medley, Garden Salad

SOUPS: Portuguese Kale and Linguica (GF)(D), Cream of Chicken and Wild Rice, Cream of Tomato (LOV), Soup du Jour

DELI SPECIAL: California Ranch Wrap - Bacon, Turkey, Avocado Spread, Monterey Jack Cheese, Baby Spinach, Tomato, and Ranch Dressing rolled in a Flour Tortilla

GRILL SPECIAL: Chicken Quesadilla - Grilled Chicken, Shredded Cheese, Peppers, Onions, and Salsa pressed between two Flour Tortillas. Served with Lettuce, Tomato, and Sour Cream

## FRIDAY

BREAKFAST: Breakfast Pizza - Pizza Bread topped with Eggs, Onions, Peppers, Mushrooms, and Mozzarella Cheese

HOT ENTREES: Baked Haddock, Macaroni and Cheese (LOV), Jerk Chicken Breast

SIDES: Mac and Cheese, Jasmine Rice, Roasted Vegetables, Garden Salad

SOUPS: Broccoli Cheddar (LOV), New England Clam Chowder, Chicken Noodle, Soup du Jour

DELI SPECIAL: Ranch House Chicken Wrap - Crispy Chicken Tenders, Lettuce, Tomato, Cheese, and Ranch Dressing on a Tortilla

GRILL SPECIAL: Meatball Sub - Italian Meatballs, Marinara Sauce, and Romano Cheese served in a Sub Roll

(V) Vegetarian, (W) Wheat Free, (GF) Gluten Free, (LOV) Lacto-Ovo Vegetarian, (DF) Dairy Free

Food Allergy Reminder! Before placing your order, please inform your server if a person in your party has a food allergy. The O'Ne Café is NOT an allergen-free facility. We cannot guarantee that any product prepared or packaged on site is nut or allergen-free or that they have not come into contact with potential allergens.

**A&R Food Services/Go Metro Catering** is available. Please stop by the O'Ne Café and ask for more information.

Contact A&R Food Service with both feedback and suggestions for what you'd like to see in your cafeteria. We can be contacted via email at [nfo@gometro.com](mailto:nfo@gometro.com). You can also view the daily menu for the O'Ne Café at [www.gometro.com/one](http://www.gometro.com/one) as well as nutritional information for most of the cafeteria offerings.

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## Weekly Trivia

Dogs have been domesticated for how many years?

Last edited on 8/23/19: What is the coldest place in the universe? Answer: Boomerang Nebula is the coldest place in the universe at one degree Kelvin (minus 458 degrees Fahrenheit). It's even colder than background space.

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